Digiceuticals

TECHNISCHE HOCHSCHULE DEGGENDORF

Reduced physical activity + Poor Nutrition + Changes in glucose metabolism + Medications + Coexisting Illnesses = Diabetes in elderly

- mySugr: is a diabetes & blood sugar tracker application that tries to ease the daily grind and remove the burden of managing diabetes. It is owned by Mysugr a digital health company located in EU. https://mysugr.com/

- reSET: is an application developed by U.S. Food and Drug Administration to help increase retention of patients undergoing outpatient treatment for opioid abuse. https://www.resetforrecovery.com/

- Digital therapeutics: commonly referred to as Digiceuticals is a health discipline and treatment option that utilizes digital and often online technologies to treat a medical or psychological condition.
- The treatment relies on behavioral and lifestyle change, the data can be collected and analyzed as both a progress report and a preventative measure.
- Diabetes and obesity management is a major focus in the field of digital therapeutics.
- Methodology: There is no single methodology used in the practice of digital therapeutics. It uses methods rooted in cognitive behavioral therapy to spur patients to make lifestyle changes.
- Methodologies can be as simple as sending notifications designed to alter behavior to patients who are at risk of obesity or diabetes and as complex as administering an ingestible ratio tag that communicates with an external sensor to monitor the efficacy of a given medication.
- Connected devices like insulin pumps, blood glucose meters, and wearable gadgets can all send data to a unified system.

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Scan code for an interesting video of comparison between digital health and car gadgets.

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